



CALIFORNIA WorksWell

AUGUST 2002

A PUBLICATION FOR THE EMPLOYEES OF THE STATE OF CALIFORNIA

Self-Care To-Do List

- ☐ **EAT FISH THIS MONTH.** The omega-3 fatty acids found in fish may reduce your stroke risk.
- ☐ Devote 15 to 20 minutes per day to stretching. Plan several mini-stretch breaks during the day if you work in one position for hours.
Buy a reflective headband or vest if you exercise outdoors in the early morning or after dark. Such gear makes you more visible to motorists.
- ☐ Shop at a farmers' market. Fresh, ripe produce is a good source of antioxidants and fiber.
- ☐ Scan your newspaper's classified ads for good deals on used exercise equipment.
- ☐ Equip your car for emergency situations. Carry flares, an aerosol fix-a-flat kit and jumper cables in your trunk.



Walk for Your Heart and Someone Else's Too!

THE STATE OF CALIFORNIA will be holding its second annual State Employees Heart Walk and Health Fair on Thursday, September 12, from 11:30 a.m. to 1:30 p.m. at the State Capitol on the West Steps. This event, sponsored jointly by the American Heart Association (AHA) and the Department of Personnel Administration (DPA), gives State employees an opportunity to support the AHA's lifesaving work and take steps toward heart-healthy lifestyles while raising funds to fight heart disease and stroke.

Participants are sponsored to walk one mile around the Capitol to raise funds for the AHA. The Health Fair will offer blood pressure and cholesterol screenings, body composition and bone density testing, a variety of health information, fitness and exercise resources, and smoking cessation information.

As part of the many activities planned for the event there will be an aerobic warm-up provided by Wenmat Athletic Club, and performances by Ayo Sharpe-Mouzon's African dance group and also the Hula Gals Polynesian dance group. To make the day even more enjoyable there will be bagpipe performers and a musical



group to entertain the crowd throughout the day!

The event is open to everyone and all State employees are invited to participate in the Walk and supporting activities. DPA Director Marty Morgenstern has asked Agency Secretaries, Department Directors, Legislators, and other State officials to join him in the walk around the Capitol. DPA plans to provide one hour of administrative time-off to all its employees who sign-up for the walk to allow them sufficient time to participate in this worthwhile event. DPA encourages

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for your information

ABCs of Diabetes: Learn Them, Lower Them.

IF YOU HAVE DIABETES, heart attack and stroke are more likely to strike you — and at an earlier age — than someone without diabetes.

But you can protect your heart and live a longer, healthier life. Learn how to control your ABCs of diabetes.

A is for A1C

- The A1C (A-one-C) test (short for hemoglobin A1C) measures your average blood glucose (sugar) over the last 3 months.
- Target number: below 7

B is for blood pressure

- High blood pressure makes your heart work too hard.
- Target number: below 130/80

C is for cholesterol

- LDL (the bad cholesterol) builds up and clogs your arteries.
- Target LDL number: below 100.



Work with your health care team to learn and to control your ABCs

You are at greater risk for diabetes if:

- You are age 45 and older
- You are overweight and are physically inactive
- You have high blood pressure
- You have a family history of diabetes

To request a free ABCs brochure call the National Diabetes Education Program at 1-800-438-5383. To learn more about diabetes, call 1-800-Diabetes or check www.diabetes.org. To learn more about the California Diabetes Control Program's statewide ABCs campaign, call 916-445-8732 or check www.dhs.ca.gov/diabetes.

other departments in the Sacramento area to do the same, if workload permits.

If you or your department would like to form a walk team, contact Gina Gardner at the American Heart Association at 916-446-6505 or gina.gardner@heart.org to arrange for an orientation for your department management and employees to get your team started right away. Departments outside the Sacramento area may contact the AHA Corporate Events Director in their local area for information about events or opportunities nearby. For more information on the State's involvement, contact Terri Skondin, Statewide Health Promotion Manager at the Department of Personnel Administration, at 916-324-9398 or TerriSkondin@dpa.ca.gov, or visit DPA's Health Promotion Web page at www.dpa.ca.gov/benefits/health/wellness/wellmain.shtm.



Complementary Health-Care News

>> **Some herbs may complement surgical procedures.** Arnica montana, for example, may help reduce post-surgical swelling and bruising. Other alternative therapies may help treat musculoskeletal disorders. For example, a growing body of evidence points to the effec-

tiveness of acupuncture in treating arthritis and pain syndromes, such as reflex sympathetic dystrophy and fibromyalgia. However, be sure to tell your doctor before using an acupuncturist or other alternative therapist if you are scheduled for surgery.

The California WorksWell newsletter is available for purchase by State departments through a master agreement secured by the Department of Personnel Administration. If you would like information about purchasing, please contact:

Sean Smith
Health Ink & Vitality
800-524-1176

